

Yoga is a lifestyle incorporating natural exercise, proper breathing, relaxation, meditation, and positive thinking that can dramatically increase the joys of your life. Wear comfortable clothes and bring a yoga mat to sit on. ***Please be sure to arrive a few minutes early and silence all cell phones to ensure that you experience the most zen environment possible!*** Save 20% when you register for two session I classes or two session II classes. (This DOES include Yoga-Pilates Fusion.)

YOGA MONDAY

Day: Mondays
Date: Session I: January 5 - February 23
Session II: March 4 (Wednesday), March 9 - April 27
Time: 5:45 p.m. - 7:00 p.m.
Fee: \$75 per resident \$112.50 per non-resident
Drop-In: \$12 per resident \$18 per non-resident
Age: 18 & older
Location: Activities House
No class April 6

Course Code: 15007
Course Code: 15008



YOGA WEDNESDAY

Day: Wednesdays
Date: Session I: January 7 - February 25
Session II: March 4 - April 29
Time: 8:45 a.m. - 10:00 a.m.
Fee: \$75 per resident \$112.50 per non-resident
Drop-In: \$12 per resident \$18 pre non-resident
Age: 18 & older
Location: Activities House
No class April 8

Course Code: 15009
Course Code: 15010

YOGA THURSDAY

Day: Thursdays
Date: Session I: January 8 - February 26
Session II: March 5 - April 30
Time: 1:00 p.m. - 2:00 p.m.
Fee: \$75 per resident \$112.50 per non-resident
Drop-In: \$12 pre resident \$18 pre non-resident
Age: 18 & older
Location: Activities House
No class April 9

Course Code: 15011
Course Code: 15012

ASHTANGA YOGA

Day: Fridays
Date: Session I: January 9 - February 27
Session II: March 6 - May 1
Time: 8:30 a.m. - 10:00 a.m.
Fee: \$75 per resident \$112.50 per non-resident
Drop-In: \$12 per resident \$18 pre non-resident
Age: 18 & older
Location: Activities House
No class April 10

Course Code: 15013
Course Code: 15014

UNLIMITED YOGA

Day: Monday - Friday (attend any/all classes)
Date: Session I: January 5 - February 27
Session II: March 2 - May 1
Time: Please refer to the times on the above individual class.
Fee: \$155 per resident \$232.50 per non-resident
Age: 18 & older
Location: Activities House
No class April 6-10

Course Code: 15015
Course Code: 15016



YOGA-PILATES FUSION

Day: Tuesdays
Date: Session I: January 6 - February 24
Session II: March 3 - April 28
Time: 8:30 a.m. - 9:30 a.m.
Fee: \$75 per resident \$112.50 per non-resident
Age: 18 & older
Location: Activities House
No class April 7

Course Code: 15017
Course Code: 15018

PILATES

Designed to build and strengthen the body's core and stability. The powerhouse includes the spine, abdomen, back muscles, gluteus, inner/outer thighs, quad, and hamstrings. Classes will be scheduled upon request on Wednesday afternoons (eight or more students). Call the number below TODAY to be added to the interest list for an upcoming class!

KARATE

This class offers physical fitness, flexibility, respect, dedication, self-confidence, perseverance, and self-defense. Kata, Kumite, Self-Defense, and Okinawa weapons are studied.

Day: Tuesdays and Thursdays
Date: Session I: January 20 - 29 Course Code: 15019
Session II: February 3 - 26 Course Code: 15020
Session III: March 3 - 31 Course Code: 15021
Session IV: April 2 - 30 Course Code: 15022
Time: 7:15 p.m. - 8:45 p.m.
Fee: Session I: \$20 per resident \$30 per non-resident
Session II-IV: \$44 per resident \$66 per non-resident
Drop-in fee: \$6 per resident \$9 per non-resident
Age: 15 & older (adults and teens)
Location: Kiwanis Center

**Family rates apply
for full session only
(ask for details)!**

TAI CHI

This Chinese art form of exercise reduces stress and tension while improving energy, endurance, balance, strength, and overall health. Through soft, slow-flowing movement and breathing, students will learn to concentrate thus reducing stress.



Day: Tuesdays
Date: Session I: February 3 - 24 Course Code: 15023
Session II: March 3 - 24 Course Code: 15024
Session III: April 7 - 28 Course Code: 15025
Time: 6:00 p.m. - 7:00 p.m.
Age: 15 & older (adults and teens)
Fee: \$40 per resident \$60 per non-resident
Location: Kiwanis Center

POWER IS PRETTY BOOT CAMP

Is exercise part of your New Year's resolution? Join us for an exercise class that combines fun, variety, and intensity to help you meet your fitness goals. This program is designed to meet the fitness needs and goals of a diverse group (all genders, ages, and fitness levels).

Day: Tuesdays and Thursdays
Date: Session I: January 6 - February 12 Course Code: 15026
Session II: March 3 - April 9 Course Code: 15027
Time: 6:00 p.m. - 7:00 p.m.
Fee: \$75 per resident \$112.50 per non-resident
Age: 16 & older (adults and teens)
Location: Kiwanis Center

TABLE TENNIS

Our Table Tennis program will provide participants (13 & older) an opportunity to play Table Tennis in a relaxed and fun environment. This program will provide practice and competition. Bring your own paddle.

Day: Sundays and Tuesdays
Date: Year-Round
Time: 11:30 a.m. to 3:30 p.m. - Sundays
7:00 p.m. to 10:30 p.m. - Tuesdays
Fee: \$2.00 per visit for Fayette County residents
\$3.00 per visit for non-Fayette County residents;
or, each participant may pay annually:
\$35.00 annual fee for Fayette County residents
\$52.50 annual fee for non-Fayette County residents
Age: Minimum age is 13
Location: Kiwanis Center

